

### **Abstract**

A football kicking training aid comprises a modified football having an attached  
5 patch on one or both ends, with loop elements of a loop and hook fastener  
product. The football is supported in place, for kicking by another player, by a  
user wearing a thimble or glove having hook elements of a loop and hook  
fastener product only at a fingerpad area thereof. The restriction of the elements  
of the loop and hook fastener product to the football patch and the fingerpad  
10 area of the glove or thimble urges the user to support the football only at the  
patch, and to continue supporting the football until the kicking action has been  
completed.